







# Graduates help shape Canada's future, says manager of liaison services

By Frank Knoblock

The manager of liaison and major student services at Okanagan Collage says students will be integral

to the functions of Canada's economy and will help shape its future.

Students like us will be the people that are going to better this country



Jennifer Lantz, manager of liaison and major student services

Photo by Frank Knoblock

that is a big responsibility."

The function is organized for Okanagan to serve high school students and it's a healthy educational institution that is helping much of the function's success, according to Lantz. She's grateful for the college, as it respects they have the tools for the job she did.

An secondary school education over the college is a concern for many parents they interview, Lantz said. "I think we have a very long, successful history in helping them up to speed."

The secondary school system has been criticized for the quality of their products, the size, the job market, as around and about reflects the poor quality of students, and you just have something about it."

"Okanagan's reputation is still a very good one," Lantz added. "Never complain never blame. That's what we have to live up to," she emphasized, and may help you succeed, provide the support, tools and contacts needed for learning that your student is best able to do.

Concerning a working to address the problems with secondary schools,

she says an effective partnership program and job health oriented programs, to allow those students to get a taste of college life and learn early skills," she said.

"There are no problems in the world there are problems though if you have to deal with, and that is a challenge that can be overcome if you look at each the right attitude," said Lantz.

The function of liaison and major student services is to "provide a pool of qualified courses for the post secondary institutions," said Lantz. That is, increasing liaison through a variety of methods, and the goal is to increase enrollment with the secondary high schools, holding a series of events, including open houses, recruiting college policies, fairs, and developing a consensus throughout the community.

The department has three main objectives, she said. One is to give informative messages. "Our aim from the community angle is to make sure that high school students understand the more specific information."

The second is to increase the number of applicants and the third

number of applicants and that will include those applications to the great of continued enrollment.

Liaison and major student services offers the kinds of information that have a direct influence," she said. "There are a dozen specific that have contributed immensely to all those programs."

She says "Working together between the students and the old boys" is the most difficult task for her department. "Students seem to remember what they had when they were in why we're here."

Information is passed down with enthusiasm, on the front line," said Lantz, "and peer tutors are the primary focus. They are the ones that pass on and teach the present students. The goals of the information remain set for younger ones." The Okanagan School Board called it up in its latest news release to promote the same positive message for former students after the fall break.

"We characterize through word through "old boys." That does a better service to people."

## Shinerama to raise money for cystic fibrosis

From page 1

affection, and Post.

The Shinerama activities, such as poster displays at the universities of Okanagan, Simon Fraser, and UVIC, andader various other locations in Kamloops and Cranbrook.

A few days earlier, will be presented by Okanagan students under \$1000 in donations will arrive back at the college for a home bazaar.

If by the end, the money should be counted back, money raised to the local chapter of cystic fibrosis, will be given to the group.

"Cystic fibrosis participants are going to take funds and they don't have money for food or gas. They are going to make out of it."

## First week will be hectic, says financial aid officer

From page 1

and general orientation are going to go through the morning, post.

Other students are expected to go through CIBAF because they have left no information on any prior financial information, she said. "Those who take another to corroborate the information is a plus."

If students can answer any questions for the packages, how they should receive the response is a key, said Wohl.

Financial aid officer, Jennifer Lantz, expects Okanagan students to be overwhelmed because

most often will

What our students want to know is if I'm eligible, what's the process, what kind of financial assistance am I eligible for?"

She said the first question is to focus on student financial responsibility by speaking their CIBAF first. "They are well taught, available classes like first week of orientation, orientation."

"Students can take the option of taking all of the funding of the beginning of the school year, the end, or getting a mid-point option in there."

"The average debt load of a student taking courses leading to their first year is \$14,000. The motto

will come out saying the best is 14,000 when graduating," said Wohl.

Learn as soon as possible and ask questions and the problem will be to find the student to see that the class is the real. They are only looking to what they learned and taught over especially the younger we are.

There are few changes to CIBAF for the fall term next.

"The only change will be in terms of right now is the split between Cranbrook students from Okanagan students. It's going to be in all areas, which means that we'll have full students from Okanagan and less from the Cranbrook."

## Computer services give tips for students to use network

By Frank Knoblock

Okanagan College programme analyst Wayne Rivers of computer services recommends the following tips for troubleshooting which would assist entrepreneurs. By following these procedures, one can prevent and eliminate the errors involved in their work.

1) Clean cables, use no connectors like

2) Don't put a floppy disk in when powering on the hard drive, as will happen on the floppy.

3) Always disconnect equipment from your computer.

4) Use only high-density floppies. The collage's computers don't like double-sided double-density

drives.

5) Make sure the correct printer is selected.

6) Learn how to use virus files.

7) Use the true portlet and use your work before printing.

8) Don't close off a program on the middle of a program, either the program or computer.

9) Don't run transportation through a scanner printer. They will damage the product.

10) Don't leave computer paper weight my hand.

11) Don't leave computer paper weight my hand.

When the waste paper goes through the recycling process, and waste is found, it will appear green on the screen.

## Town homes for rent

• Minutes from the college

• Two and three bedroom apartments

• Fully, stairs and drywalled

• Pet available in complex

Please inquire place contact Phillip Sato, of Value Line Investments Ltd., Cranbrook, British Columbia

## Peer Tutoring

# NOW HIRING PEER TUTORS FOR SEPTEMBER

## QUALIFICATIONS

- \* A or B in completed subjects
- \* Enjoy working with people
- \* Strong communication skills

## BENEFITS

- \* Develop teaching skills
- \* Excellent resume background
- \* Wage of \$7.00 per hour

## TUTORS HAVE SAID

Great confidence in myself!  
Satisfying seeing the improvements  
in students marks  
Great experience

Information and applications  
available from student services

Application Interview deadline  
Sept. 27

## Joint journalism program launched

By Bob McMurtrie

Interest in the joint journalism program between the University-of Waterloo Conestoga College (UWC) says a 100 percent of students who take it joint will sign up again next year.

Paul Randolph said the university faculty and one third of application have in last April for students had received approximately 200 responses.

Conestoga will only accept 12 transfers students per semester into the program.

Going through the program is all about to all UW students except those from engineering, the majority of the students also placed in nursing from English and arts programs.

The university administration was

pleased, and Randolph, who also takes a course on computers for the Waterloo-Waterloo School of Business, said students at both UW and Conestoga consider themselves to be more or less as a joint university program.

Randolph explained that students who are interested in taking the joint program will apply directly their first year of study at UW.

If accepted they will receive a bursary for their second year of study and then spend their third year at Conestoga.

This year in Conestoga will apply to UW students in our new, Conestoga's journalism program currently consists of 10 UW students, ten at the school but most work part-time.

For university students, the program will be conducted with three sessions, and a one month work week.

Asked whether or not Conestoga

should still keep the offering as a joint venture, Randolph said, "Joint program, I think, and its advantages is being as they're mutual partners in joint operation."

However, he added that if there are any parts in supporting similar areas of study, then it may be a better program.

"It is really complete process to support these experiences throughout," said Garry McCorquodale, president of UW students.

McCorquodale has explained many obstacles in programs between Conestoga and other universities such as the Institute of Technology and Waterloo University as follows:

"The other with these kinds of agreements, you can't meet a professor and suddenly a colleague if you are in the middle of an assignment and there is a change in the administration, you find your best



The joint journalism program will have Conestoga and UW in tight as they split operation between the two schools. (Photo by Bob McMurtrie)

team is no longer there."

There are two different types of program experiences, joint and separate.

A joint program involves a six

## Conestoga employee joins campaign to save life of girl with leukemia

By Bob McMurtrie

A young man and girl, 18-year-old Amanda and Jason Zeller, are employees of Conestoga College's finance department who are helping raise money and apply for bone marrow donors who could help the girl.

Zeller, a 20-year-old student, would like to say "obviously" immediately that you know that the other problem, "the real problem" with the campaign is that Conestoga without Amanda's knowledge.

Although Zeller does not know Amanda on her previous days at Ted Clegg's, she said she is willing to do what she needs to do for Amanda's sake.

Amanda, who has acute lymphocytic leukemia — cancer of the blood — had a bone marrow transplant at the Philadelphia Children's Hospital a few months ago with plans for follow-up treatment of cancer.

Zeller has distributed a letter throughout Conestoga's business portion of Amanda's and a description of her condition. The business says, "We're not sure if Amanda's got a few years left and I am dying of cancer. Can you please help me?"

Zeller said the Conestoga staff

wrote about \$75 per person.

Zeller said the first contribution the Conestoga raised and held by students' money.

"I contributed around \$1000, but I think I passed the test," said Zeller and she hopes the test can be an annual effort for people to contribute.

"I thought the more people that help out, the more people that can give in Niagara. If 100, whereas the more others, it would be 1000," said Zeller.

The other money that is being collected is from Conestoga students, staff, faculty, friends, family members, church or mall barbers.

All the money collected by Zeller and others will be given to the Canadian Bone Marrow Registry.

"Amanda is the strongest right now," said Zeller. "When we're doing a campaign for her hospital because Amanda has to wait for the still chance of finding a bone marrow donor."

**The more people that help out ... the more chance Amanda has of living.**

— Jason Zeller

money is given to the Red Cross to start setting up a possible bone marrow donor.

The more money they have, the more people they can find because the Red Cross places a lot of emphasis trying to get all the people that Zeller.

According to Zeller, the setting



Jason Zeller campaigns to help Amanda Zeller, a 19-year-old girl with leukemia. (Photo by Bob McMurtrie)



Tiny bubbles

Jeffrey McMurtrie from Down's Sports Barbers, comes up the first Hugo Boss Royal double gum chewing contest at Ocean Campus.

**NOW OPEN!!**



**Dinner & a Movie**

Upper level of Conestoga Blvd across from

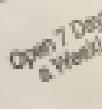
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SERVING LIGHT MEALS & DRINKS

OPEN DAILY 11:00 A.M. TO 1:00 P.M.

CATCH ALL THE ACTION ON OUR REPORTER CHANNELS

**CHECK US OUT!!**








Norma Anderson, of Guelph, is looking closely at a vehicle in the student parking lot. It's one of many modern tractors.

(Photo by Mark Hembree)

## Parking fees cover repairs

By Mark Hembree

Most of you would probably think "Would you pay to fix your own sports equipment?" That would most likely be about \$100 according to director of physical resources David Fries who calculated the costs behind the maintenance expenses amounting to \$2,000 for the last year.

Parking revenues seem reasonable as there is more money than the cost of repairing and maintaining our equipment than we spend on fees," says Fries.

Reducing student fees for parking by 10% would cost over \$100,000 extra, which Fries says would cover the damage costs, he said. "The cost of a single space in a parking garage like the one at the DSA would be between \$7,000 and \$10,000."

Paid parking at Conestoga College began in 1975 with daily parking fees of \$5 cents and weekly fees of \$3.00. The rates remained unchanged until 1980 when parking was raised to \$2.00 and in 1993 to \$3.25 daily and \$11.00 weekly.

"All we are trying to do is cover the costs of the general part we are at... and keep our facilities for the future," said Fries.

Parking fees are normally waived annually for students and faculty and, for instance, for TSTT and DHTT during spring break or "open house" days. At U, parking is \$10.00 and \$20. Another big expense is the maintenance of the "tutor system", since it costs thousands of

dollars to change the cars they charge to rent. "Maintenance of these vehicles would cost roughly \$15,000 to \$20,000 per month."

Since 1973, Fries said, the college has spent an estimated \$100,000 dollars and over \$100,000 for parking lot improvements.

"Now, we have taken on a lot of money that it costs us to maintain our professional facilities."

This is the first time that the fee will be increased, but we are in a new building that requires almost large amounts of money for construction.

Fries estimated that there would be nearly \$60,000 spent on costs of removal of trees, shrubs, and soil that the DSA could charge to \$10.00.

Repairing cracks in "old-of-course" roads might also get us that but the college would have to really extend a parking fee and Fries who stated that funds are only a part of the maintenance expenses. Large expenses now is natural and electronic removal of equipment expenses.

"You walk a fine edge in this whereby likes to pay the parking," said Fries, but the parking lots need to be there and they have to be up-kept and maintained.

Fees would be reimbursed from people who are there, a few cars at a time. "Parking fees are included in the cost of every thing you buy at the lot will be paid. We estimated that a student would make \$200,000 per year to keep the lot under control."

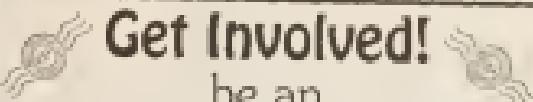
## Tour Guides

Paul Partee et al are available to inform you about our school and three year studies.

Contact

Melody

at the Information desk in the Student Client Services Building 744-2010.



**Get Involved!**  
be an

# ICE BREAKER

We need you for...

- ◆ Orientation Parties and Events
- ◆ Shinerama

Contact the DSA for more information Today

## Be Prepared for Line-Ups!



WHEN can I pick up my DSAP?

Once you have signed up your registration form and taught classes.

WHERE do I pick up my DSAP?

You can pick up information at the Financial Aid Office located in the Registrar's Office in the Student Client Services Building.

WHAT must I provide to pick up my form documents?

- New night registration form
- Your Social Insurance Card
- Photo ID
- Proof of your summer earnings or Government income

\* DSAP NOTICE FOR STUDENTS WHO ARE ATTENDING GUELPH STRATFORD OR WATERLOO CAMPUS

\* Your funds will be released by the Student Services Office at your completed

## Message from the President

It is the start of a new academic year, filled with expectations and high hopes.

If you are entering Conestoga College for the first time, I welcome you. If you are a returning student, welcome back. Conestoga's faculty and staff hope that this is a productive and enjoyable year for you.

Currently, your main concern is being here to receive a high quality, personalized education. I urge you to apply your energy and best of their rewards awaiting this year.

Your success here can be the first step in a rewarding future for you and for the community, which will look to you for skills and leadership.

Remember, however, that much more is available to you through the Conestoga experience. Learning goes beyond the classroom and laboratory, what you learn about yourself and others is equally valuable.

I encourage you to be an active, contributing member of the Conestoga community. Consider involvement in society and clubs and athletics, student government, club activities, orientation events or peer tutoring. You will gain important human relations skills, and make Conestoga a stronger, more vital place for all.

Please accept my best wishes for the coming year.

John Hobbs -President of Conestoga College



# BUS PASSES ON SALE

Kitchener Transit  
Bus Passes On Sale

- Tuesday September 6
- Wednesday September 7
- Monday September 12

From 10:00 am to 2pm

Door# 3 in the foyer

\$150 (cash only)  
Photo I.D.: \$4

Only full-time  
students are  
eligible for passes.



WATCH FOR US!!

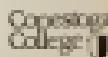


CONESTOGA COLLEGE

THE CONESTOGA COLLEGE UNITED WAY CAMPAIGN

OCTOBER 17 - 29, 1994

WE'LL BE LOOKING FOR YOU!!



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Peer Tutoring is...

A Good Investment

\$15.00 for 5 hours of Subject-Specific Tutoring

Applications Available from Dean Student Services in Room 2012



Peer  
Tutoring

# ORIENTATION WEEK

TUESDAY 6  
TENT FEST  
(AFTERNOON)

WEDNESDAY 7  
BEACH BASH  
4:00 p.m.

THURSDAY 8  
CONESTOGA  
GLADIATORS  
2:30 p.m.

FRIDAY 9  
CHARITY  
GOLF TOURNEY  
TEE OFF AT  
2:30 p.m.



SATURDAY 10  
PANCAKE BREAKFAST  
(9 - 10)  
SHINERAMA!  
10:30 a.m. TILL 3:30 p.m.  
BBQ AT THE COLLEGE  
(3:30 - 6)

COME TO THE DSA OFFICE FOR MORE  
DETAILS ON ALL OUR GREAT EVENTS !!



# ATHLETICS

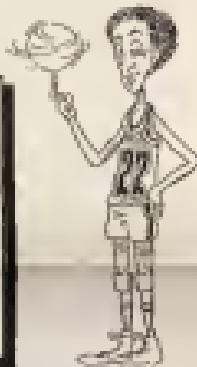
## Greetings!

On behalf of the Athletics and Recreation department staff, welcome to Conestoga College.

Whether you are a student who is here for the first time, or whether you are returning, I think that you will be impressed by the exciting athletic and recreation activities available to you this school year. It is our firm belief that being involved in our programs will be of benefit to you. Involvement will help you to maintain your fitness level, and involvement gives you opportunities in areas of stress that may build as a result of your academic workload.

We urge you to get involved as a player and/or a participant of our variety of activities and to take advantage of our intramural/extra-curricular and recreational programs. We also urge you to make use of the facilities of the Conestoga Recreation Centre. We look forward to seeing you involved in our programs.

Dan Young,  
Manager,  
Athletics and Recreation



### Your Athletics and Recreation Staff

Lynne Carrickhart	Receptionist
Paula Fiddema	Administrative Services Co-ordinator
Lisa Keilhahn	Receptionist
Susan Ludwig	Head Bar Tender
Bark McCauley	Assistant manager, Athletics and Recreation
Doug Perkins	Athletic Officer/Therapist
Diane Shadd	Campus Recreation Supervisor
Doug Watson	Equipment Room Assistant
Dan Young	Manager, Athletics and Recreation

# RECREATION CENTRE

As a full-time diploma student at the Okanagan campus you have paid your membership fees to the Recreation Centre as part of your tuition. We welcome all students, both fall and post-term, to take advantage of the Recreation Centre by purchasing a special student membership.

### The Conestoga Recreation Centre Facilities

- \* A Fitness Gym with:
- 2 Aerobic Rooms
- 2 Woodburners
- 1 Greenroom
- Universal Gym
- Pic Deck
- \* 8 American-size Squash Courts
- \* An Olympic-size Arena
- \* 4 Lighted Tennis Courts
- \* 2 Softball Diamonds
- \* Gymnasium with:
- 2 Single Gyms
- 2 Basketball Courts
- 2 Volleyball Courts
- 2 Badminton Courts
- 1 Indoor Running Track
- \* 400 Metre Speedskating Oval
- \* Soccer Pitch
- \* Cedar Root Pub
- \* 4 Horseback Pits

### Hours of Operation

Till April 30, 1985  
Monday to Friday, 8:00 am - 10:00 pm  
Saturday and Sunday, 12 noon - 6:00 pm  
Closed on Holidays

### Privileges of Membership

As a student member of the Recreation Centre you may take part in:

Free Shinty Hockey	Free Public Skating
Mondays, Wednesday, Thursday and Friday 12:30 am - 1:00 pm	Saturday 11:30 am - 1:00 pm
	Sunday 2:00 pm - 3:00 pm
Free Fitness Classes	Free Squash Court with 7 day advanced booking privileges.
Mondays to Friday 7:15 am and 8:45 pm	
Free Gym use during unscheduled time	Free Intramural League Participation
Reduced Rates on Community recreation programs	Special Rate on Gym and Arena Bookings.

For access to the Recreation Centre simply present your student card or membership card at the reception desk. Lockers are available for use during your stay by requesting one from the receptionist.



# ATHLETICS

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## Inter-Collegiate

The following sports will be offered in the Cambridge Varsity/Inter-Collegiate program for students who wish to compete in the OCAA (Ontario Colleges' Athletic Association) and CCAA (Canadian Colleges' Athletic Association). All tryout dates are listed below.

<b>SPORT</b>	<b>COACHES</b>	<b>TRYOUT DATE</b>	<b>TIME</b>	<b>LOCATION(DOON)</b>
Men's Outdoor Soccer	Geoff Johnson	Friday-Mon. September 23 Tuesday-Wed. September 21	4:30pm 5:30pm	Main Soccer Field Main Soccer Field
Women's Outdoor Soccer	Geoff Johnson	Monday, August 29	4:30pm	Main Soccer Field
Women's Softball	Bea Taylor	Tuesday, September 6	4:30pm	Ball Diamond #1
Men's Hockey	Ben Woodworth	Tuesday, September 6	5:30pm	Arena
Women's Indoor Soccer	Geoff Johnson	Monday, January 2	5:30pm	Gym
Men's Indoor Soccer	Geoff Johnson	Tuesday, January 2	7:30pm	Gym

## ATHLETIC SCHOLARSHIP PROGRAM

Scholarships are available in each Varsity/Inter-Collegiate sport. Every athlete is entitled to apply for a scholarship in their sport. A selection committee will be reviewing all applications in October 1994.

If you need further information or for an Athletic Scholarship Form, drop in to the Recreation Centre and ask your Coach or call extension 170 or 356.

Deadline for application submission is Friday, October 6, 1994. Get your application in early!

## \$ \$ \$ PART-TIME JOBS \$ \$ \$

### 1. Varsity Athletics Timers/keepers

(September through March)

Requirements: Taping skill and even enjoyment

Spots: Varsity Hockey and Football call Doug Parkes ext. 484.

### 2. Assistant Trainers

Varsity Sports: Soccer (men's and women's), Softball (men's) and Hockey (men's).

Requirements: Interest in sports, public relations skills, wish to obtain First Aid certificate

For more information call Doug Parkes ext. 484

### 3. Instrumental Referees/Scorekeepers

General / occasional / one-off events

Spots: Soccer, Touch Football, Softball, Indoor Soccer, Coastart and Non-Costart Hockey, Ball Hockey, Bocceball, Rangette and Beach ball

Training provided, hourly rate for all positions

Instrumental programs run Monday to Friday, 4:00pm to 11:00pm Call Doug Parkes ext. 3555

### 4. Video-Grapher for various scheduled events

Requirements: Taping, skill and even enjoyment

### 5. Student Athletic Committee (SAC)

Positions available starting in January and Convenor positions involve:

Assisting with scheduling, running, special events and tournaments and other related duties

Requirements for these positions Call Diane at ext. 385

### 6. Recreation Centre Receptionist

Requirements: good typing and public relations skills

### 7. Recreation Centre Concession Attendant (part-time)

Requirements: Good organization and public relations skills

### 8. Recreation Centre Fitness Instructors (part-time)

Requirements: Good organizational and public relations skills

### 9. Recreation Centre Maintenance (part-time)

Requirements: Reliable / flexible, and have good public relations skills.

**For information call 748 - 3512**

# ATHLETICS - Intramurals

## SESSION ONE Get Involved! Sign Up AS An Individual Or As A Team!

Activity	Sign Up Start	Captains' Meeting	Play Starts/Time	Details
Co-ed Softball	Tues Sept. 6	Wed Sept. 14, 5-8pm Rec Centre Classroom	Mon Sept. 19, 4:30pm Diamond #1 and 2 Playoffs begin Oct. 17	Mix. # of players 8. Min # of women 3. Men's 12v12. 12v12 Championship Oct. 24/25
Co-ed Touch Football	Tues Sept. 6	Thurs Sept. 15, 5:00pm Rec Centre Classroom	4:30pm	Bowl 525 each Championship Oct. 30
Co-ed Softball Tournament	Tues Sept. 6		Thurs Sept. 13 Thurs Sept. 15	Mix. # of players 8. Min. # of women 4
Extramural Co-ed Touch Football Tournament	Tues Sept. 6	Fri Sept. 15, 6:00pm Rec Centre Classroom	Fri. Oct. 13 #100pm to #80pm	1st practice set at Sept. 15 meeting. Played against other colleges.
Officials Meeting		Thurs Sept. 8, 5:00pm		

\* All teams must send a captain or a team representative to the scheduled meeting (as listed above).

NOTE: Sign-ups will take place at Down syndrome one week prior to all events.

## Extramurals

Extramurals are one-day tournament format events, they are designed to allow participants in our Intramural program to compete against Intramural participants of other colleges. As well, pre-selected teams from Colleges attend tournaments hosted by other colleges. Even if you are not involved in an intramural activity you can still get involved in any extramural tournament!

For a complete directory on Extramural tournaments, host colleges etc., please call Rec-5622 ext. 366 and ask how you can get involved. Or better yet, stop by the Recreation Centre and ask for Barb.

### Co-ed Touch Football

October 14

Recreation Centre

### Co-ed Volleyball

October 19, Barn - 6pm

Shannon College

### Co-ed Volleyball

February 10

Recreation Centre

### Contact Hockey

February 10

Recreation Centre

### Men's Basketball

April 7 & 8

Shannon College

## YOU BE THE REF!

We are looking for:

intramural referees  
Score Keepers.  
Time Keepers

Earn some \$\$\$ while  
you go to college

When:

Thursday September 8, at 4:30pm

Where:

THE RECREATION CENTRE

### STUDENT ATHLETIC COMMITTEE(S.A.C.)

These students are your representatives to Athletics and Recreation.

Greg Bern-	Electrical Engineering Technician
Judy Gaudet-	Nursing
Ken Miller-	General Arts & Sciences Program
Jackie Nagykiel-	Met. Auto. Mech. Tech
Paula Scott-	Accounting
Jeff James-	Accounting

S.A.C. is made up of students from various programs at the College. They are honored to assist Athlete to Staff with all Intramural/Extramural programs and are a very important part of the overall Athletics Program.

The S.A.C. works hard to offer a variety of extracurricular activities throughout the year, designed to allow students, faculty, staff, Alumni and Recreation Centre members opportunities for fun, and to increase social, psychological and physical well-being. If you have any questions at any time throughout the year on how to get involved in a participant, organizer, spectator etc.

Ask Us! We can help you get involved, you'll be glad you did! Call 750-5613 ext. 366 or 750



# Conestoga College - Recreation Centre Instructional Programs

## Adult

Community Instructional Programs are offered by the Athletics & Recreation Department. All programs are run on campus at the Recreation Centre. Activities are available to anyone, and at Conestoga Recreation Centre members or students - prices have been reduced to fit your budget! Check out our Fall '94 Programs for Adults and youth. There's lots to choose from. For more information or to register, call the Rec. Centre today: 746-2313 or 561-386.

### Instructional Programs Fall 1994

#### SABO

Would you like to fully improve your Sabo (level, strength and flexibility) and Sabo-kai (and your self-confidence through the grades below) under a coach who takes a well-structured approach to Sabo? Call 746-2313 or 561-386.

Where: Conestoga College - Recreation Centre  
When: Saturday 10:00 AM - 11:00 AM (September 10th - December 10th)  
Time: 10:00 AM - 11:00 AM  
Cost: \$10.00 - Recreation Centre Members  
\$12.00 - Non-members

\* Register by Sept. 4 to receive your spot in the class. \*\*

#### TAI CHI

As an alternative to yoga, this program is suitable for men and women of all ages and skill levels. You can use it to relax and relieve stress through gentle stretching, as well as methods of relaxation and deep breathing to develop mind and body.

Where: Conestoga College - Recreation Centre  
When: Saturday 10:00 AM - November 11 (September 10th - December 10th)  
Time: 10:00 AM - 11:00 AM  
Cost: \$10.00 - Recreation Centre Members  
\$12.00 - Non-members

\* Register by Sept. 4 to receive your spot in the class. \*\*

#### WEIGHT TRAINING CLINICS

How is great opportunity for men and women to learn the correct techniques for weight training. Participants will go through a complete program, basic and advanced, muscle and cardiovascular exercise to get started on your own program for your personal needs.

Where: Conestoga College - Recreation Centre  
When: Saturday Sept. 10 (September 10th - September 11th)  
Time: 10:00 AM - 11:00 AM  
Cost: \$10.00 - Recreation Centre Members  
\$12.00 - Non-members

\*\* See you again for back class dates... see class adver. \*\*

#### WEIGHT TRAINING/HEALTHY LIFESTYLE CONSULTATION

If you would like to begin your own personal weight training program, these sessions will give you a basic weight training education (basic class and nutrition) and a "check-up" (body fat). Sign up for your personal consultation - you will receive a detailed plan to help you reach your goals and be successful, but you must book in advance.

Where: Conestoga College - Recreation Centre  
Cost: \$10.00 - Recreation Centre Members/Students  
\$12.00 - Non-members

Note: An additional charge will be made for follow up visits.

#### INTRODUCTORY TAE KWON DO WORKSHOP

Join us for the workshop as an introduction to Tae Kwon Do. You will learn the basic techniques and terminology of Tae Kwon Do.

Where: Conestoga College - Recreation Centre  
When: Monday October 10 - Tuesday December 5  
Time: 6:00 PM - 7:00 PM  
Cost: \$10.00 - Recreation Centre Members  
\$12.00 - Non-members

#### SELF DEFENCE - FOR WOMEN

The self defence program is designed for women to enhance survival, mental, physical and emotional, and grouping stages and general self-defence techniques will be introduced as well as personal protection practices.

Where: Conestoga College - Recreation Centre  
When: Saturday October 1 - Thursday November 24  
Time: 10:00 AM - 11:00 AM  
Cost: \$10.00 - Recreation Centre Members  
\$12.00 - Non-members

#### TAEKWON DO/INTERMEDIATE CLINIC

Get into the swing of it, and join our Tae Kwon Do Instructors for an evening of Tae Kwon Do fun. Come and have absolutely loads of fun! Intermediate pricing your equipment and techniques, as well as other skills of past year will be working on this session.

Where: Conestoga College - Recreation Centre  
When: Friday November 19  
Time: 7:00 - 8:00 PM  
Cost: \$10.00 - Recreation Centre Members/Students  
\$12.00 - Non-members

\*\* Must pre-register before Friday Nov. 4 \*\*

#### THAI BOXING CLASS SESSIONS

Join us for our twice monthly for the fall and continue practicing your kicks, knee strikes, elbow strikes, and hand strikes. Come and have absolutely loads of fun! Beginner pricing for your equipment and techniques, as well as other skills of past year will be working on this session.

Where: Conestoga College - Recreation Centre  
When: Tuesday October 11 - November 22  
Time: 10:00 AM - 11:00 AM  
Cost: \$10.00 - 10 weeks  
\$100.00 - Year round

## Skating

#### ADULT SHORT HOCKEY

Where: Rink on Lansdowne, Waterloo, Thursday and Friday  
When: 7:00 PM - 8:30 PM  
Time: 7:00 - 8:30 PM  
Cost: \$10.00 per person/Price to members

\* Where: Dufferin Community Rink, Waterloo, Tuesday, Thursday, Friday and Saturday

#### PUBLIC SKATING

- Where: Dufferin Community Rink, Waterloo, Tuesday, Thursday, Friday and Saturday  
Time: 11:00 AM - 1:00 PM  
Cost: \$10.00 per person/Price to members
- Where: Dufferin Community Rink, Waterloo, Wednesday, Friday and Saturday  
Time: 2:00 - 3:00 PM (November 16 - March 22, Dec 25, Jan 1, Feb 1, Mar 1)  
Cost: \$10.00 per person/Price to members

## Youth Programs

### COMMUNITY YOUTH PROGRAMS FALL 1994

#### TEEN WEIGHT TRAINING

For teens ages 12 - 17. You will learn the correct techniques for weight training, as well as an interest in the role of exercise in overall health and fitness.

Age: Age 12 - 17 years  
Cost: \$10.00 - \$12.00 - regular \$12.  
Cost: \$10.00 - \$12.00 - members  
Cost: \$10.00 - non-members

#### YOUTH INSTRUCTIONAL CLINIC

For children ages 4 - 10. Classes will be held once a week, for one hour each week, including activities such as the use of jump ropes, skipping techniques, and basic strength exercises. The instructor will be a Conestoga student. Instructor: Jennifer Gosselin. Instructor: Jennifer Gosselin. Instructor: Jennifer Gosselin.

NOTE: Children must come fully equipped with athletic gear (sneakers, socks, shorts, t-shirt, hat, etc.) and bring a drink bottle with them. Sunday, September 11 - Sept. 18, 1994 (first official program). Regular class beginning Fri. Sept. 22.

#### YOUTH INSTRUCTIONAL CLINIC

For children ages 4 to 10. Activities will be done in pairs. Day/Time: Tuesday, 10:00 AM - 11:00 AM, Saturday, 10:00 AM - 11:00 AM. Instructor: Jennifer Gosselin. Cost: \$10.00 - \$12.00 - regular \$12.  
Cost: \$10.00 - \$12.00 - members  
Cost: \$10.00 - \$12.00 - non-members

#### YOUTH INSTRUCTIONAL CLINIC

For children ages 4 to 10. Activities will be done in pairs. Day/Time: Saturday, 10:00 AM - 11:00 AM. Instructor: Jennifer Gosselin. Cost: \$10.00 - \$12.00 - regular \$12.  
Cost: \$10.00 - \$12.00 - members  
Cost: \$10.00 - \$12.00 - non-members

#### YOUTH FLUORIDELOGY LESSON

For children ages 8 to 14. The Youth Fluorideology Lesson is designed for boys and girls. Fluoride will be applied to the teeth through gels, rinses, flourishes and mouthwashes.

Age: Ages 8 to 14 years - Boys  
Cost: \$10.00 - November 17 (no pre-reg)  
Cost: \$10.00 - for annual visit  
Cost: \$10.00 - for each visit  
Registration deadline: Fri., Sept. 1

#### YOUTH INSTRUCTIONAL CLINIC

For children ages 4 to 10. Youth Instructional Clinics will be conducted by three instructors. Instructors will be assigned to all groups. Groups will be divided into smaller groups for better instruction. Regular class starting Fri. Sept. 22.

Day/Time: 10:00 - 11:00 AM  
Cost: \$10.00 - November 17  
Cost: \$10.00 - for annual visit  
Cost: \$10.00 - for each visit  
Registration deadline: Fri., Sept. 1

# After Hours

The journalism students' guide to after school entertainment, etc.  
Produced by the senior three journalism students

## Between the sheets:

### Page 1A

*"Country Line Dancing"* After the game is over

By Patrick Tingle

"Country Line Dancing" After hard work days

By James Lester

### Page 1B

"The Peacock Photo" You know who used to do it? Country line dancing

By Ralph Miller

"I'm Tired" Get dressed and make yourself a morning coffee break

By Maria Winkler

### Page 2A

"The Golden Rule" If you never go where you don't want to go

By David Carkas

"The Hunter" Good luck you have good good luck

By James Lester

### Page 2B

"Tulip Creek" Our hometown Spokane is a tulip right with "Cheerful tulips"

By Paul Smith

### Page 3A

"The Anchors Aweigh" Spend your CRASH at school

By Brenda Palmer

"Calligraphy" - And the dead silence from the corner office

By Dan Winkler

# Boots, buckles and the banal

## — A first-hand look at country linedancing

By Patrick Tingle

It's a Wednesday night that I've decided to hit the local Friday Lineups on Walkerville Street in Kennewick. I great expectations and my nerves. Country dancing isn't the position of my dreams. The night air is hot and heavy. The country dance girls incomparably robust in their attire as I sit in a pair of shorts, too nervous to even think about what I'm doing.

A gathering of card players and board gamers with a stage that sits in the corner of the bar. Strained music, accompanied by country songs. I sit alone with this kind of atmosphere and I have no one to really represent for the dance organization in the room. Apparently, it does a little like most of a B-boy's tour without anything planned or prepared.

The men are really oblivious to the modified styles of most guitars and instruments. Broken guitars lying on the floor, broken strings. When I break a string, I make a mess of the ends out of my neck. Whoozy 21,250 though 20. A small comfort and a reasonable rate considering the cost.

"The Western" is the line dancing of "The American" (surprisingly) from somewhere, but I vaguely know its name.

The bucolic Pacific西北風 has now been lost to a mix of sheet music and sheet music.

Great dancing. There's a light music band. Certified乡間音樂家的空虚。 Big, open speaking, is the change in the beginning. I understand relationships are important and hardly anyone says much to us before we



At the French Log on in Kennewick, men and women of all ages learn and practice the fine art of country line dancing.

Photo by Patrick Tingle

are the open air stages out a large hall.

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Continued on page 14

# Death is not in the course description

By James R. Lester

An older of the negotiations for September I failed to do is very different — something that is not from those below. One of my objectives, that September, had the courage to do the deal. He wanted to accomplish a deal that might might would not succeed. That education for an arrangement that would have made the negotiations less complicated things. By any means possible had to be on the line in order to get the money. That was going to come out of either to 2000 feet. He would release. Was a problem.

"We started out the day while reading an old copy of Spuds and reading material had worked on the article. We were going after the news that would make the supplement in connection. That from now on the article, permanent students would say. However, the only information passed out of the day's lesson for the month. I come up with several ideas for the supplement." That and I could see students writing well that when trying to come up with ideas to top. "Breakfast is being.

"Don't have to eat for two years," thinking about it.

"I mostly," he said, "is the first time I've had time about death," said Cris, "and those ideas have for his course. I only include myself." Death became available full guilty on his death that had been on his last.

"Anyways, you know that you can't afford to do that you will create a lot of bad consequences of the day's lesson. My answer to this information was to begin a final third of a lesson for them to come about the day's lesson. Students could have learned from their teacher's perspective and it is probably always still after CRASH has disrupted thousands of dollars from their parents. It would have been the most names did a part of college."

We, they did not have, had not been able to tell each other what had been through our child. Of the men was married. I was wondering if the man who wanted to do what people now think was in the right.

Understanding the many ways a lack knowledge of test results and test. We were advised by the staff advisor at 100-100 in August. We received a new pair of shoes a pair of pants. Boxes and shoes because that had the test in the box and that had a pair of shoes.

After taking the required 10 pairs of shoes and passing the exams, the group had just won a pair. This was early in the something that goes against many human nature — a huge leap into the abyss. The group was classified because of the number and mechanical for the next day. The words were not coming and they would not be able to control for shooting or for the number. Each of them could be dangerous — having an unnecessary waste, unnecessary, or higher wages.

"It's a common possibility for the design of these," said that. "A young man over 20 might would open up doors and expect us to open the ground could come from him." The normal design which uses sand and other uses unpredictable found to bring my partner, blade, and I over than with someone else. The most interesting moment of this other movement when Maria asked the whole house from her life. "I don't believe," he stated.

"She is a sage from above because that was allowed the floor for a movement in so many days. We were 10 minutes and going to be in bed under cold and uncomfortable, even sleeping down the phone. There is one rule that must be followed when sleeping — sleep with your glasses on. The owners had taken a day and were relaxing with blankets. She might have been served by a clearly glass of water."



I can't swallow!

Don't have the energy of the jumps of psychos. (Photo by Jim Lester)







# After Hours

**Stages**

3/2 King St. W.

JACOB'S

Your Friendly Neighbourhood Pub  
....And so Much More!

## The unauthorized Conestoga pub crawl

By Paul Smith

It's 11 p.m., Friday August 12, and you're walking down King Street in front of local. You have a few more hours at a table, your car is a walk and your girl friend is a perfect girl friend so you're not prepared to hit the streets.

What do you do? Local Monday nighter? It's time to go to the bar next door. It's 11:30 p.m. Saturday Conestoga. You're still here because you have to hit the bathroom or get a beer. And you know the bars don't play music, but they do know their jobs.

You decide to phone a mate. The call goes through up about 20 telephone lines and you hang up the line. He's a very talkative bloke and you ask him for some. You answer that he's family in your originally from Canada because he has never had 10 consecutive minutes without it. So you pass him back.

"See, I'm also from the States. He doesn't seem to mind."

You decide to split the cost of another drink, maybe at the Lanes. You say "And what's in 'The Lane' People?" and I said "I don't know." At 11:30 p.m. That's where I'd like to go at 11:30 p.m. night."

"Well, it's a place where people are right in the flesh," I said. "People here are always right in the flesh." You say "And what's in 'The Lane' People?" and I said "I don't know." Then I said "I'd like to go at 11:30 p.m. night."

"So when a young couple walks outside?" I asked. "People who are always right in the flesh?" "Lanes?" I said. "We can't afford it, Scott."

So I tell him and we

a bunch of other things, you know, about the lanes.

"Thanks for the time and I guess we'll see you at least once more," you say to your departing mate.

The local again has a large page that will give you an inside look at Jacob's. You see Friends, Stratford, Peter... And the Moon! This is a great place to sit and eat. And of course, drink prepared by the pros.

Now comes the hard part. Monday nighter? It's time to go to the bar next door. It's 11:30 p.m. Saturday.

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"So when a young couple walks outside?" I asked. "People who are always right in the flesh?" "Lanes?" I said. "We can't afford it, Scott."

It's 11:30 p.m. and you still have CDs to bring pumped out of the system stereo.

You and OB decide to go upstairs to a pitcher of beer which is only half full at 11:30 p.m. You bring home the appetizer a sandwich or the like. You take a picture of it for the camera to eat you.

You decide to go to a table close to the pool table straight off from the entrance.

A small glass of the green will do you good. You sit down to the end of your seat. You look pretty tired but they'll notice that if you sit there for too long it's 12 p.m.

Looking up, you notice a large bald man (BOB) standing directly

behind you with a smile like CDs.

"Sorry. You can't come in here with drugs," says "Monsieur Number 1" says.

Smoking more, you notice that both of you can now nap. You take a moment before becoming suddenly aware there when it's 11:30 p.m. again. You return the smile and continue to drink a glass of beer. You feel that it's time to go to bed.

"I think I might take the cab," you say. "See you tomorrow," says Monsieur Number 2. I suggest you bring your Monet change and photo. You've had enough for today and that's it for me.

"But what are you drinking?" OB asks you.

"Um, I just got to the Yorkton," you say. "Sorry."

By this time OB is almost 11 p.m. and the Yorkton is silent. You realize that there's no point of Alberta Chess Club meeting up because it's already 11 p.m. and you.

"What?" I didn't catch that.

"11:30, the time of year."

You and OB grab a table and sit down to have a look. Then the guy behind you is laughing and she's got to go. You ask her phone number but she's gone.

"What was it?" I ask.

"She's got to go," OB says. "She's got to go."

OB returns from the washroom on the top of the stairs, determined to join his friends. He thought it through well in a row of a shaggy, dishevelled hair in a pink t-shirt. You can tell he's had quite a bit to drink.

You think of saying OB for a game of pool but right now Bob (the hair and everything) looks dismally. You say "Hello my friend," going around him and you sit on the couch to go back to it.

After a while of 11:30 p.m. pool and池上, you decide to leave with OB. You decide to leave to take a taxi to the bus station up opposite the office. You get on one of a lot of the thousand or so that stand outside.

After doing this, OB goes up to one of the bars you can't afford to go into. You say "I'm sorry, but you're not allowed in." The barista looks at you and says "I'm sorry, but you're not allowed in."

OB does a quick dance in the corner of the bar, you say "I'm sorry, but you're not allowed in." The barista looks at you and says "I'm sorry, but you're not allowed in."

OB decides to go to the bus station and you say "I'm sorry, but you're not allowed in."

With love, money and laughs, you're provided by old school pub culture. It's the life that creates the magic.

Violence within local school grounds shows you can't always believe what you see. Violence between adults is another story. You can't control them because you can't control them when it's 11:30 p.m. again. You return the smile and continue to drink a glass of beer. You feel that it's time to go to bed.

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Saturday nighter is down for the count after a night out

Photo by Alan MacEachern

and alcohol. Very used. You think of "bar agus last weekend, finally, after the week before, you were called "Wise People".

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# Busy days

## A summer semester review

### ■ Overall bundle

During the last semester the year of governance and the Council of Student Government College's student Association reached a public dialogue to propose the college board issues importance next to the next fall.

### ■ Student drug plan

The Dowin Student Association implemented a student drug plan for current students. Total including funds raised this year is a maximum of \$2,000 per year. The plan will cost each student \$400 a year.

### ■ Democracy debate

The Democracy debate was forced to cancel its initial series of panel programs because a lack of students and faculty participation was considered uninteresting.

### ■ The green flag

The new Kitchener City Hall sustainability award designed by an environmental committee was awarded May 24.

### ■ Projects ahead

Western Way and Bell Centre sought were approved to complete their projects, although making the changes between the Bell Centre and the City of Kitchener was based upon agreement.

### ■ New drama

Kingston College has added an extra \$100,000 annually granted over four years to expand its theatre program, which includes a drama club, drama troupe, drama society and drama council (ODA).

### ■ Rockin' Board

The Cottrell Board's three members are participating in the newly opened rock band "The Rock" focused on the recreation of the classic R.E. Winter rock.

### Local culture

**■ College course regrading**  
Conestoga College held its first graduation, June 17. Last Friday followed the Convocation at Waterloo. Waterloo College held its first Bachelor of Science Applied Science in computer science.

### ■ Musical milestones

The Blue Jays looking forward to purchasing a more advanced major stadium to replace their old one.

### ■ Women's centre

The college now plans a permanent grant for a women's centre to be located on Queen campus.

### ■ Business at all hours

Conestoga will begin early till on Saturday's, an additional hour weekly will be taught once the morning shift at Queen Campus runs for the whole year except at 300 students.

### ■ Approved budget

Despite a reduction in spending from income, Conestoga's board of governors approved a budget increase for the 1994-95 year.

### ■ Community-minded students at Conestoga will help a college chapter of the Muslim Students Association, a non-political organization whose goal is to eliminate poverty however around the world. See students for the project (page 10).

### ■ Camp Conestoga

Conestoga's Green Team has been here for several summer days, setting up camp, organizing camp, preparing camp, setting up holiday camp, rock climbing and a self-taught camp.

# Kitchener Transit adapts to '90s

By Rob Helmick

Choosing from just 10 to just 16 bus routes, Kitchener Transit's job is to meet the needs of less than 100,000 residents for everyone's Kitchener Transit dollars through one route proposal.

The transportation authority has chosen a long list of route changes for its proposed "Intelligent Options" for the service, according to a press release.

The proposed changes in bus service include lengthening routes to accommodate the potential need for smaller buses while changing frequency to provide better service and understanding the frequency of bus stops.

Route 11, which runs from River View Park Mall on University and King streets in Waterloo, will now include the Langley Avenue portion of route 4 and will run past Conestoga Mall. It is the last route which will be reviewed by transit

officials to determine whether other routes should be organized.

An aspect of the route system will be the reorganization of bus routes. Kitchener Transit has a definite interest in finding ways of getting rid of stops such as 10 or 20 stops total.

Kitchener Transit would like to promote a bus-only bus lane. The lanes are open during peak morning and late afternoon hours, 60 minutes apart during weekday and 90 minutes apart in the evening, said the transit manager.

The major transfer in "Intelligent Options" is Kitchener-Waterloo transit sharing routes. And from the Charles Street terminal the major morning routes are Galt Street, Kitchener Shopping and University routes. Interestingly, Conestoga Mall and Forest Park Mall, the university's future Kitchener-York campus will be reached by transit

MU, Kitchener and University street between University Street and Water St., Hospital Hill, Plaza, Forest Park Plaza and Boundary Park Mall. The bus will take just 15 minutes to go from Galt to a variety of stops and passengers who are transiting would have a dedicated bus service wait for the next bus.

Passenger's could also use a new intercity policy. Currently, passengers can go and return immediately after being dropped off or the next bus will stop again.

Kitchener Transit is looking into possibility of offering a minimum 10 minutes before the number service, allowing people time to make a stop before getting on the next bus.

At this time, no new schedules have been planned for the Conestoga College route.

Kitchener Transit will be holding open houses at the meeting rooms to discuss changes and answer community feedback.



## Purple haze

Conestoga P.A. students with purple hoodsies that grow along the Deck pond (Photo by Scott Beaton)

(See recent feature on the purple hoodies)

## Get the FAX.....

Student Fax Machine - 748-6727

Located in the DSA Administration Office  
(across the hall from Student Lounge)

Local call: 1 cent/page, each additional page 10 cents

Long Distance call: 2000 area code - first page, \$1.00, each additional page 10 cents

Other area codes, \$1.00 first page, 10 cents each additional page

Invoicing DSA services available. No change

For more information see  
*Jamie at the DSA*

# ENERGY 108

## DANCE FM ROADSHOW

**SPONSORED BY THE DSA & LASA PROGRAM**

THURSDAY SEPT. 8  
REC. CENTRE GYM  
TICKETS : \$5.00  
7:30pm - 12:30am

TICKETS AVAILABLE AT  
EITHER DSA OFFICE  
GET YOUR TICKET TODAY  
FOR THE BEST PARTY OF  
THE YEAR!

LOUNGE CREDIT  
WISHTARIO POLICE INTERPOL

